

June Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

The meal is served at Noon. Reservations must be made at least 48 hours in advance.
\$4.80 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
2 Pepper Steak Brown Rice Fresh Cucumber Salad Diced Peaches	3 Split Pea Soup Turkey & American Cheese Rye Bread Pickled Beets Fresh Orange	4 Ham & Swiss Cheese Sub Potato Salad Cole Slaw Fruit Cocktail	5 Chicken Patty Sandwich Cole Slaw Potato Salad Fruit
9 Orange Sections BBQ Chicken Breast Baked Beans Fresh Spinach Fruit Cocktail	10 Chicken Salad Cold Plate Sliced Tomatoes Potato Salad Lettuce	11 Beef Burgundy Brown Rice Mixed Vegetables Pineapple Tidbits	12 Breakfast for Lunch A variety of breakfast food will be offered
16 Thai Curry Chicken Breast Rice Peas & Carrots Fresh Apple	17 Turkey & Cheddar Sandwich Amish White Navy Bean Salad Fresh Baby Spinach Hot Spiced Pears	18 Picnic at the park! Urbana District Park Sign-up today!	19 Chef's Choice
23 Chicken Teriyaki Nuggets Collard Greens Brown Rice Fruit Cocktail	24 Baked Potato Tossed Salad Chili con Carne Shredded Cheddar Cheese Applesauce	25 Split Pea Soup ¼ lb Beef Hot Dog on Roll Fresh Cole Slaw Bean Corn & Tomato Salad Tropical Fruit	26 Grilled Cheese Sandwich Tomato Soup Cole Slaw Fruit
30 BBQ Pork Loin Barley Mushroom Pilaf Baby Whole Carrots Apricots			

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The cost is \$4.80 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.